

## **Keys to an Effective Practice**

1. When was the last time you saw a group of kids stand around and watch one kid play? So why would they do that in practice? Kids want to play not watch.
2. Your players can stand around in the lobby just as effectively as on the lacrosse floor but it is much cheaper. If you are on the floor then use it. If you can not explain something within 2 minutes then you are wasting floor time. Limited practice time needs to be used effectively.
3. You might be the best coach in the world with the best players in the world and yet you will never get all those players to do it right the first time or the second or the third. Let them play even with their faults.
4. Plan your practice for what you have. Players, coaches, goalies, no goalies, not sure of what you are going to get. You need to be prepared. Think inside the box.
5. Scrimmages are for those who don't care. Obviously you care, because you are here. Every drill has a purpose, and it is not just to use up practice time. Set up your practices with a theme.
6. Structure your practice so players have expectations. Set up the practice for success.
  - a) a drill they can do well.
  - b) drills to teach the skill you want to emphasize.
  - c) drills that incorporate what you have learned.
  - d) have some fun.
7. A note to all of you non-goalies out there: having guys standing around flailing away at the net is not fun for the goalie and does not make a player a better shooter. You want better goalies and better shooters, make them work for their shots.
8. Never run out of things to do. Practice plans are essential. Don't dwell on one drill. If they are not doing it right within 5 minutes they will not do it right after 5. Move on.
9. You are the coach not God. Rarely, if ever, will practice go exactly to plan, therefore you have to be flexible and go with the flow. Also if you are lucky to have other coaches use them! Even if they don't know that there is no such thing as a blue line in lacrosse.

10. If you don't know, ask, or watch. 90% of my drills are ones that I have seen somewhere else. You don't need to reinvent the wheel.
11. Have fun! All of your players want to challenge themselves that is why they are here. It is up to you to give them that opportunity.